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Ottawa metro

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URBAN MAPLES YIELD SWEET REWARD

Ottawans tapping front-yard trees for the sugar sap they can turn into syrup

metroNEWS

Ottawa officer lashes out at police chief

MORALE

Reply-all email a blunt reply to open letter to residents

Joe Lofaro
Metro | Ottawa

Police Chief Charles Bordeleau's open letter to Ottawa residents has irked at least one veteran officer, who fired off an email to the entire force in which he blasted his boss and listed a litany of perceived problems with the police service.

"Proactive policing, where rubber meets the road, namely patrol, has driven out of this service," wrote Const. Paul Heffler in his blunt, reply-all email Monday afternoon, a copy of which was obtained by Metro.

Bordeleau's open letter comes as the police service — which declined comment for this story — investigates the city's fifth homicide of the year and 14 shootings since Jan. 1. One of the five homicides is also the third to rattle residents on Jasmine Crescent in less than a year.

In his mass email, Heffler suggested his peers are being treated unfairly by a police force that routinely takes them off their sections and rotates them back onto patrol.

"There are few services and business that pay their employees $100,000 salaries and treat them like they are dime-store security guards," he wrote.

Matt Skof, president of the Ottawa Police Association, said it's not surprising to see a member frustrated by a staffing shortage and low morale speak out.

"That feeling of the membership is reflected in that letter to the chief," he said. "That feeling of frustration is a common theme among the membership."

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Mother Teresa to be made a saint on Sept. 4, pope says.

Coffee meets culture

RENOVATION

National Arts Centre wants café with cool concept

Haley Ritchie
Metro | Ottawa

The National Arts Centre wants to hear from would-be coffee shop owners as part of the plan for the institution's 2017 renovation.

On Monday the NAC's food and beverage general manager, Nelson Borges, sought feedback through a request for expression of interest document from businesses on the idea of a coffee shop that would occupy prime real estate inside the building's new glass lobby.

"We haven't decided whether we're going to run that or whether we'll let someone come in who can create what we're looking for," said Borges. "What we are really trying to do is create something that's unique."

Borges said the request is open to businesses across Canada — but the NAC isn't looking for a mega chain to occupy the space.

"We don't want just a Tim Hortons or another Starbucks. We want something that will match what we do with the building artistically," he said.

The shop would be at ground level facing Confederation Square at the northwest corner on Elgin Street and would ideally be open from 6 a.m. to 11 p.m. on weekdays, opening an hour later on the weekend.

It would serve both NAC patrons and staff, but also beckon the general public into the lobby after the mega $110-million renovation, which is scheduled for completion by July 1, 2017.

"The nature of what we do here is that people are here in the evening," explained Borges about the current situation. "In the daytime my business does bring in people, because I run meetings and events and the restaurant, but other than that this is a ghost town."

"So when we open up the building, full of glass, we want to animate it. We want daytime shows going on that are free to draw people in and there has to be a food and beverage component to that," he said. "We don't want the coffee just to be something you get when you're coming to see a show but something to draw you here as well."

> **We want something coffee nuts are going to want to come to.**
> Nelson Borges

To match that artistic spirit of the NAC the documents call for a "creative story around the coffee." Borges explained that such a story might the way the beans are roasted or sourced.

Businesses that apply must be currently operating a successful franchise already and have at least five years' experience in the industry.

Deadline for applications is April 15 but Borges emphasized it's only in the idea phase of tendering, so there are no concrete plans.

ISTOCK

ANIMAL WELFARE

Advocates pan puppy mill plan

Lucy Scholey
Metro | Ottawa

An anti-puppy-mills advocacy group says a proposed pet shop bylaw falls short of tackling animal welfare problems.

Ottawa-based Puppymill Awareness Working Solutions (PAWS) wants a total ban on the for-profit sale of dogs, cats and rabbits.

On Monday, the city proposed a crackdown on the sale of for-profit animals in pet stores.

City staff recommend new and existing pet shops sell animals solely from municipal shelters, humane societies, societies for the prevention of cruelty to animals and rescue organizations.

Only three Ottawa pet stores sell dogs and cats from commercial breeders. Those stores would be allowed to continue this practice, if provincial inspectors from the Ontario Society for the Prevention of Cruelty to Animals Act or Quebec's Animal Welfare and Safety Act say those animal sources meet all breeding standards.

PAWS founder Eileen Woodside said this inappropriately puts the onus on provincial authorities. "It's not the outcome that we want," she said.

Further, the proposed amendments don't address other issues, including the sale of rabbits and impulse purchases which arise from spotting a cute puppy or kitten in a store window.

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Tired of caring for your kids full-time over March Break? Exhausted your week of family activities in three days? We feel you. Shake off the mid-Break slump with these ideas.

LUCY SCHOLEY METRO

1 Best beard-off

Curly moustaches, stylized beards and the city's greatest goatees will be on display at the Capital Beard and Moustache Competition this weekend. Rainbow Bistro is hosting the hairy contest. There will be prizes for different facial hairdo categories. And for those who can't grow 5 o'clock shadows and beyond — there's a fake beards and moustache category. There will be a chili cookoff and all proceeds will go to the Canadian Diabetes Association. That's from 1 p.m. to 6 p.m.

5 Spooooooooky Oooooottawa

If the kids are old enough, take them on a haunted tour of Ottawa. The walk takes you to the old Carleton County Jail where you'll learn about the early days in prison, the last gallows in Canada and death row. There are more tours on the spooky schedule this week. They start at 7 p.m. and 8 p.m.

5 (MORE) THINGS TO DO DURING THE REST OF MARCH BREAK

2 Artsy awakening

Awaken your child's inner artist at the National Gallery of Canada. Apart from the massive art collection, there are tons of games to play — building blocks, a fabric floor art piece, "feely boxes" or a family self-guided tour. The museum is open Wednesday, Friday, Saturday and Sunday from 10 a.m. to 5 p.m. and Thursday from 10 a.m. to 8 p.m.

3 Rock climbing

Finally, an appropriate wall for your kid to climb. Altitude Gym opens every day at 10 a.m. and the prices are cheaper for children under 13 years old ($8.95). Bring your own climbing shoes, unless you don't mind shelling out more for rentals. A water bottle is also a good idea.

4 Music sampling

Leave the kids at home, bust out the ghetto blaster and learn about music sampling at the Bluesfest School of Music. Scott May, a.k.a. DJ Phonebooth, will teach you the ins and outs of commonly sampled basslines and guitar riffs, from old-school hip hop to Kanye. That's Wednesday, March 16 at 7 p.m.

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

Next teensy park set for Somerset Street

The project was developed by Jackpine's John McClelland and Liam Mooney and Atelier Ruderal's Monique St. Pierre, Luisa Ji and Lee-Michael Pronko. CONTRIBUTED

COMMUNITY

'Percy Station' would host concerts, bike repair, garden

Haley Ritchie
Metro | Ottawa

Starting next month, Centretown will be another neighbourhood boasting one of the first experimental "street side spots" in the city.

The pilot program launched by city hall this year allows an individual parking spot along a main street to be converted into a tiny public park.

So far the Vanier BIA and Glebe Community Association have confirmed they have a spot in the works. Two organizations are teaming up to bring another parklet to Somerset Street near the intersection with Percy Street.

The design of "Percy Station" is a team effort, proposed after months of work between employees from creative agency Jackpine's Jackpine Labs and architectural initiative Atelier Ruderal.

"The neighbourhood has been devastated a little bit over the last few months, especially as it relates to art, culture and local community," said Liam Mooney from Jackpine.

In October the area lost the Daily Grind Café to fire, and in December, another artsy hangout, Raw Sugar, closed down.

> **The neighbourhood has been devastated a little bit over the last few months.** Liam Mooney

The team hopes the tiny park will regularly host impromptu concerts, a bike-repair station and an herb garden.

"This won't replace those venues, but it's about putting something back in the neighbourhood where people can connect around common ideas or bump into someone and make a new friend," said Mooney.

The rules around parklets, laid out in the city's application process, are strict. They can only be put in dedicated parking lanes so they don't interrupt traffic.

"Because it's a pilot program it gives us flexibility to be able to try something a little different," said Lee-Michael Pronko from Atelier Ruderal. "That way we can draw on the resources of the city to get this going, and once we launch the pilot we'd like to expand throughout the city."

Construction will start at the beginning of April and will have to come down and go into storage in October.

The deadline to apply for the street side spots was Feb. 15.

The City of Ottawa said it is still in the evaluation process and does not have information on the number of other applicants.

Tapping into something great

COMMUNITY

Neighbours harvest sap for syrup from their maples

Emma Jackson
Metro | Ottawa

Being a good neighbour can reap sweet rewards.

At least, that's what a group of families in Wellington Village have realized after tapping their front-yard maples for the sugar sap they can turn into syrup.

Paul Hempel is the ringleader of the urban maple tapping operation on Huron Avenue North.

Six years ago, he asked his neighbours, the Laytons, if he could tap the 75-year-old silver maple in their front yard.

At the time, their boys Francis and Yannick were only about six and four years old, and were wildly excited to help check the buckets every day for sap before transferring it into Hempel's big white storage containers.

This year, the Laytons' new next-door neighbour, Julia Lipinska, got in on the action, too. She has a matching maple on her lawn — they're the only two on the street, and they're original to the semi-detached house the two families share.

There are eight taps altogether, four on each 36-inch-diameter tree. Hempel thinks he'll get five litres of maple syrup from them this season.

Paul Hempel, left, works with his neighbours Francine, Francis and Yannick Layton and next-door neighbour Julia Lipinska, right, to tap the maple trees outside their homes on Huron Avenue North. EMMA JACKSON / METRO

He'll share the spoils: Francis and Yannick each get a bottle on their birthdays, and he hands it out at Christmas, too.

And the communal spirit spreads beyond the three families, Hempel said.

A little girl who lives down the street comes every day to look in the buckets. A new immigrant to Canada, with very little English, was extremely curious about them, and Francine Layton was hard-pressed to mime the sap-to-syrup process. Eventually she got it, Layton said.

Hempel said talking to curious and delighted passersby is the best part of the season.

Positive feedback is good, since it's technically illegal to tap city-owned trees like the ones on Huron. The city's bylaws forbid anyone to physically injure the trunk of a city tree, and drilling a hole into it counts, said Scott Petrie, the city's forestry manager.

But bylaw officers only respond to complaints, and they haven't laid any tickets in the past three years — possibly ever.

It's not clear how many ad hoc taps there are across Ottawa. There's another near Maitland (also Hempel's) and one on Churchill Avenue near Richmond Road.

At 52,000 trees, about a third of the city's urban canopy is some kind of maple. About 16,700 of those are the lucrative and high-yield sugar maples.

> **It demonstrates another value of urban trees.**
> Julia Lipinska

With that many trees on city property alone, residents should be allowed to tap into their syrup potential, Hempel said. He'd like to see maple trees exempted from the bylaw so people can properly take advantage of a long-standing Canadian tradition, he said.

Lipinska agreed.

"It demonstrates another value of urban trees," she said. "Not just to keep your house cool, it can also be a food source."

TIPS FOR TAPS

Make sure it's a maple
You're going to be disappointed if you accidentally tap a pine, so make sure you identify the maples on your property before you start drilling. Aptly named sugar maples are your best bet, but other types will do. The city's canopy includes silver, red, sugar and Norway maple.

Size matters
You can tap any tree 12 inches in diameter or larger. If it's 21 inches wide you can tap it twice, and three times if it's over 27 inches. Check and empty your buckets every day. Store the sap in larger containers — keeping it chilled outside — until you have enough to boil down.

Mind the weather
Sap flows best when daytime temperatures reach about 5 degrees Celsius but go below zero overnight. As soon as the temperature is consistently above zero, the sugar season is over.

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Behind one patch's story

COMMUNITY INITIATIVE

Locals asked to chip in to quilt for rape victims

Ashley Moffatt
For Metro | Ottawa

Ottawa's Rape Crisis Centre is asking the community to contribute patches to their quilt sending messages to those affected by sexual assault.

Samantha Peters, a third-year University of Ottawa law student, is contributing a patch with a strong message.

"I wanted to write 'I hear you,' and I also wanted to use different colours," said Peters. "I'm using different colours to get the point across that different people are impacted; Indigenous communities, black communities, queer communities, rich people, judges. It impacts so many diverse people."

Peters said that members of every community are also often doubted when they report being sexually assaulted, which is why she thinks the quilt is so important.

"I think it's so important to change the rhetoric," said Peters. "I think it's really important to shape the conversation and talk about the future ... So that we can change the conversation for years to follow."

Peters wants the conversation to focus on education about sexual assault, as well as giving those impacted by it a safe community to turn to for support.

"I think that it's personal. I have family and friends who were affected by sexual violence," said Peters. "I'm incredibly connected to this issue, which is why I wanted to be part of it."

Samantha Peters works on her contribution to Ottawa's Rape Crisis Centre quilt. ASHLEY MOFFATT/FOR METRO

OTTAWA PUBLIC LIBRARY

Rosemount branch needs renovations

Lucy Scholey
Metro | Ottawa

Most Ottawa library news revolves around a glossy new central branch — where it will go, what it will look like, how much it will cost.

But a community group is trying to keep the city's oldest library top of mind.

The Rosemount Expansion and Development (READ) group is moving ahead with its own public consultations — seeking input on "the next chapter" of the aging Rosemount branch of the Ottawa Public Library.

"It's a very crowded space with people sitting on the floor trying to do work and the stacks are all falling over the place," said READ chair Richard Van Loon.

But the building is a very important community space with a high catchment area — including Little Italy, Hintonburg, Mechanicsville, Wellington West and the Civic Hospital.

It also has a high circulation rate for its size, but has not had any significant renewal since 1982, said Van Loon.

In a statement emailed through a spokeswoman, Ottawa Public Library CEO Danielle McDonald said the main branch remains top priority. However, the library is seeking approval of $1 million for Rosemount renovations in the 2017 budget.

Van Loon worries that may not be enough to renew the Rosemount Avenue building.

There will be two consultations this month: Saturday, March 19 from 11:30 a.m. to 2 p.m., or Tuesday, March 22 from 6:30-9 p.m. The second two will happen on Saturday, April 16th from 11:30 a.m. to 2 p.m. or Tuesday, April 19th from 6:30-9 p.m. All events will be held at the Hintonburg Community Centre, 1064 Wellington Street West. There will be childcare for all events.

READ is planning on presenting its findings to the Ottawa library board at a later date.

The aging Rosemount branch of the Ottawa Public Library. LUCY SCHOLEY/METRO

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First priority: 'No more victims'

FUNDRAISING

Shortfall in funding to help former sex offenders

Erin McCracken
Metroland Media

A gala dinner will help shore up Ottawa's sex-offender support group at a time when the organization's volunteers are helping a record number of former inmates reintegrate into society.

Last year's inaugural event netted about $10,000, and Susan Love, program co-ordinator with Circles of Support and Accountability Ottawa, is hoping the upcoming gala will raise even more at such a critical time.

The organization is facing a $30,000 shortfall for next year.

CoSA Ottawa volunteers are currently working with 13 core members, as the former offenders are known, up from the eight to 10 members it usually has helped at any one time.

It has been coping with tough financial times after the federal government cut off assistance to circles across the country last March, nearly forcing CoSA to close its doors and turn away offenders who have finished serving their prison sentences and are often released with little to no support.

"This time last year we were ... looking at the possibility of closing down," Love said. "That was a terrible discussion to have."

Miriam Marsh, left, Melissa Larose and Emma Gowing carry mystery gift boxes during the 2015 fundraiser gala dinner for Circles of Support and Accountability Ottawa. The charitable organization is preparing for its second-annual gala on April 21 to generate much-needed funds to continue helping convicted sex offenders reintegrate into society after prison. CONTRIBUTED

It was made all the more painful since it was just after the close of a five-year project examining the effects of CoSA circles in chapters across Canada.

The study showed the organization is making a significant difference in keeping members out of trouble after prison, helping them rebuild their lives and ensuring there are no more victims, which is the group's motto.

"One thing that federal funding did was allow all the sites across Canada, including ours, to improve capacity, our numbers," said Love. "And now we have more circles than we've ever had in our history of 15 years of operation."

It was hoped Correctional Service Canada would reinstate its funding as a result of the national study, but that didn't happen.

"There was no difference at all," said Love, who said she agreed to have her pay cut rather than see the number of circles in Ottawa scaled back.

She looked to the City of Ottawa, but said last year the municipality wasn't contributing funds to projects or organizations that weren't already receiving support.

A sizeable contribution came in last year from United Way Ottawa — to the tune of $50,000 a year for three years — which has helped keep the group going.

However, more is needed since it takes an estimated $100,000 a year for the not-for-profit to operate.

Through the stress of last year, funding became a priority and some aspects of the program were placed on the back-burner, such as volunteer training, which was held just once last year.

Love plans to return to bi-annual sessions to boost CoSA's volunteer ranks. There is a need for 12 to 15 additional volunteers.

It's their job each week to meet in small groups — or circles — with a core member, ensuring they are transitioning well and connected to the supports they need, such as employment services and housing.

It's hoped the gala, which is scheduled for April 21, will again provide a much-needed financial boost and also help raise awareness about the work CoSA does.

Last year's event, held downtown at the Ottawa Police Association, was sold out with 110 people, and there was a waiting list for tickets. This time around, Love is aiming for 150 people at a larger venue.

She said more money means helping more former offenders, which helps society as a whole.

"Certainly, no more victims is our primary objective," Love said.

TICKETS

Gala tickets are $125 and can be purchased by emailing requests to admin@cosa-ottawa.ca.

For more details or to volunteer with CoSA, visit the group's Facebook page or visit its website at cosa-ottawa.ca.

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MediaStyle creative director Ian Capstick. CONTRIBUTED

BUSINESS

Commons offers training, office space

For many small businesses and not-for-profits in Ottawa, advanced communications strategies aren't in the budget. For post-secondary students working for these companies, getting the money to expand their skills can prove to be difficult.

To help with this, Ottawa-based MediaStyle has opened up a new collaborative workspace, called The Commons, to provide high level training for students, charitable organizations and not-for-profits through a series of scholarship opportunities.

"I feel like a lot of businesses have trouble figuring out if their advertising or marketing experts are actually working," said MediaStyle creative director Ian Capstick. "I think one of the key things we're seeking to do with The Commons space is to provide a whole host of different styles, lessons, workshops and events that allows business people to dig into questions that I, as a professional marketer, think about every day."

The meetings in The Commons have specific outcomes in mind, something which the MediaStyle team uses to differentiate their facilitated events from typical networking events. Upcoming programming for attendees will include everything from optimizing their iPhone and examining developments in the field of communications to evening social events, lunch and learns with keynote speakers, ask-an-expert interactions and an indigenous speaker series.

The goal for The Commons is to provide opportunities to many different kinds of people who may not have large communications budgets.

"Networking and connections don't always happen with business cards being traded in fancy hotel ballrooms," Capstick said. "Sometimes it needs to be a little bit more organic, natural and authentic."

MARC SHAW/OTTAWA BUSINESS JOURNAL

EDUCATION

Wynne wants to be clear about 'free' tuition

Premier Kathleen Wynne says she "worried" about her government pitching a new student grant program as providing "free" tuition.

The Liberal government announced in its recent budget that it is combining existing programs to create an Ontario Student Grant, which would pay for average college or university tuition for students from families with incomes of $50,000 or less. But in a Q-and-A with student leaders Tuesday, Wynne was asked why the program is being marketed as free tuition, when students who qualify would still have to pay $3,000.

She says she "worried about the same thing, that it's free with some explanation required" and that she is "sure the language around the OSG will evolve."

Wynne says the $3,000 was arrived at because staff determined it was a "reasonable amount" that a student could make at a summer job. THE CANADIAN PRESS

Ottawa could be fintech force

INNOVATION

Entrepreneur brings home tech business

David Sali
Ottawa Business Journal

Financial technology, or "fintech," is "one of the most exciting categories in tech investing at the moment," industry veteran Marwan Forzley says, and he believes his hometown could play a key role in its growth.

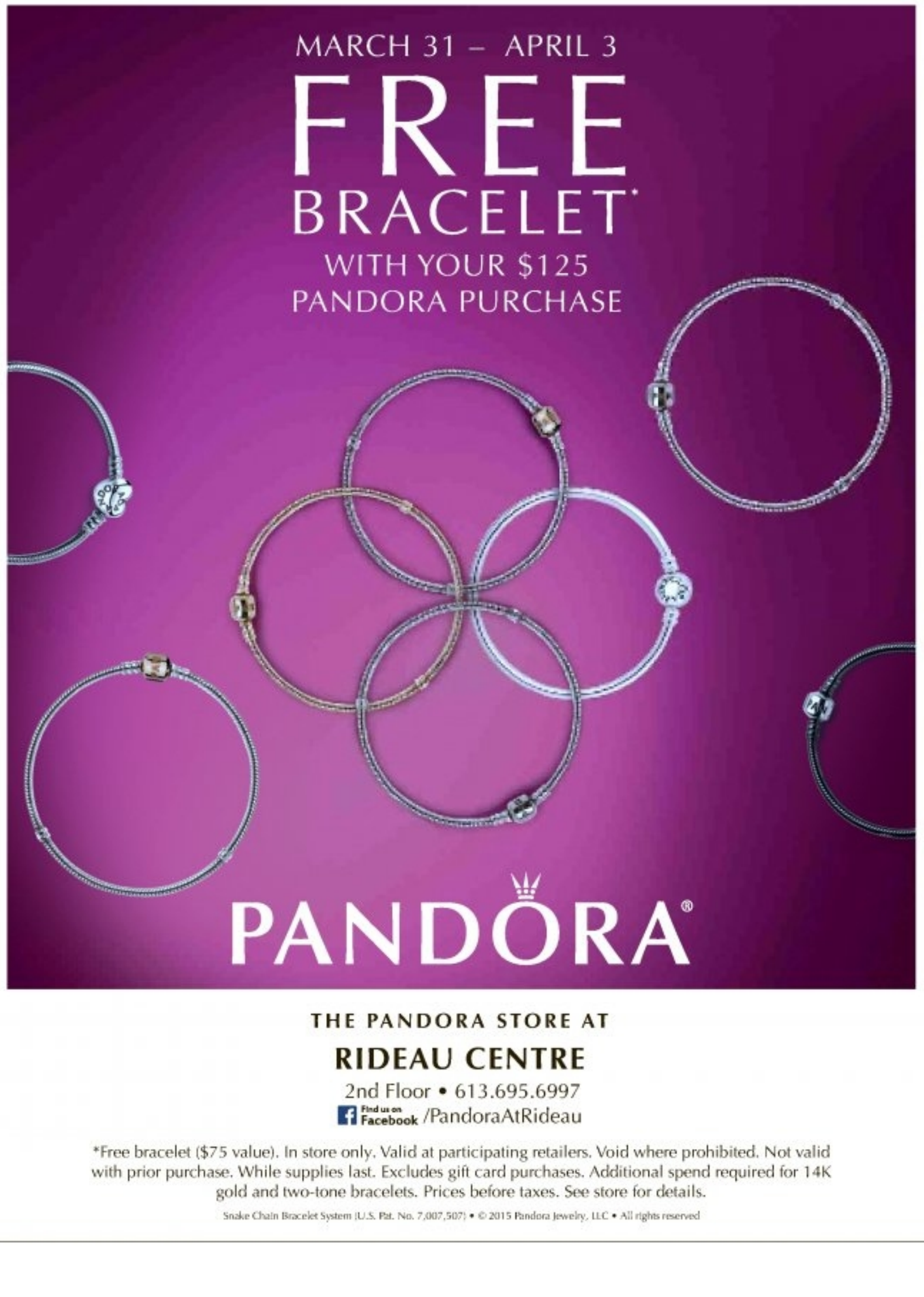
"Some of the key ingredients are in place," Forzley said. "It's really cheap to develop companies here, engineering talent is available, it's an area that's relatively accessible to pockets of money in the U.S. where there are bigger pools of capital. We've seen a good success story like that with Shopify, so that's a good example of what can happen."

After building a couple of successful companies here, including online payment firm eBillme, Forzley moved to New York in 2009. When eBillme was acquired by Western Union, he moved to San Francisco to work for the parent company before striking out again with Align Commerce in 2014.

Canadian entrepreneurs tend to be more risk-averse than in the U.S. , Forzley said, and a recent Ernst & Young survey showed Canadians have been slower to adopt fintech than consumers in the U.S. and Great Britain.

But the explosive growth of Shopify and e-commerce startups proves the country can be a fintech trailblazer from a business standpoint, he said.

Align has set up an office in Kanata and Forzley likes what he sees of Ottawa's latest generation of entrepreneurs. "Hopefully part of that revitalization of the area is that fintech becomes one of the key segments that the market rallies around," he said.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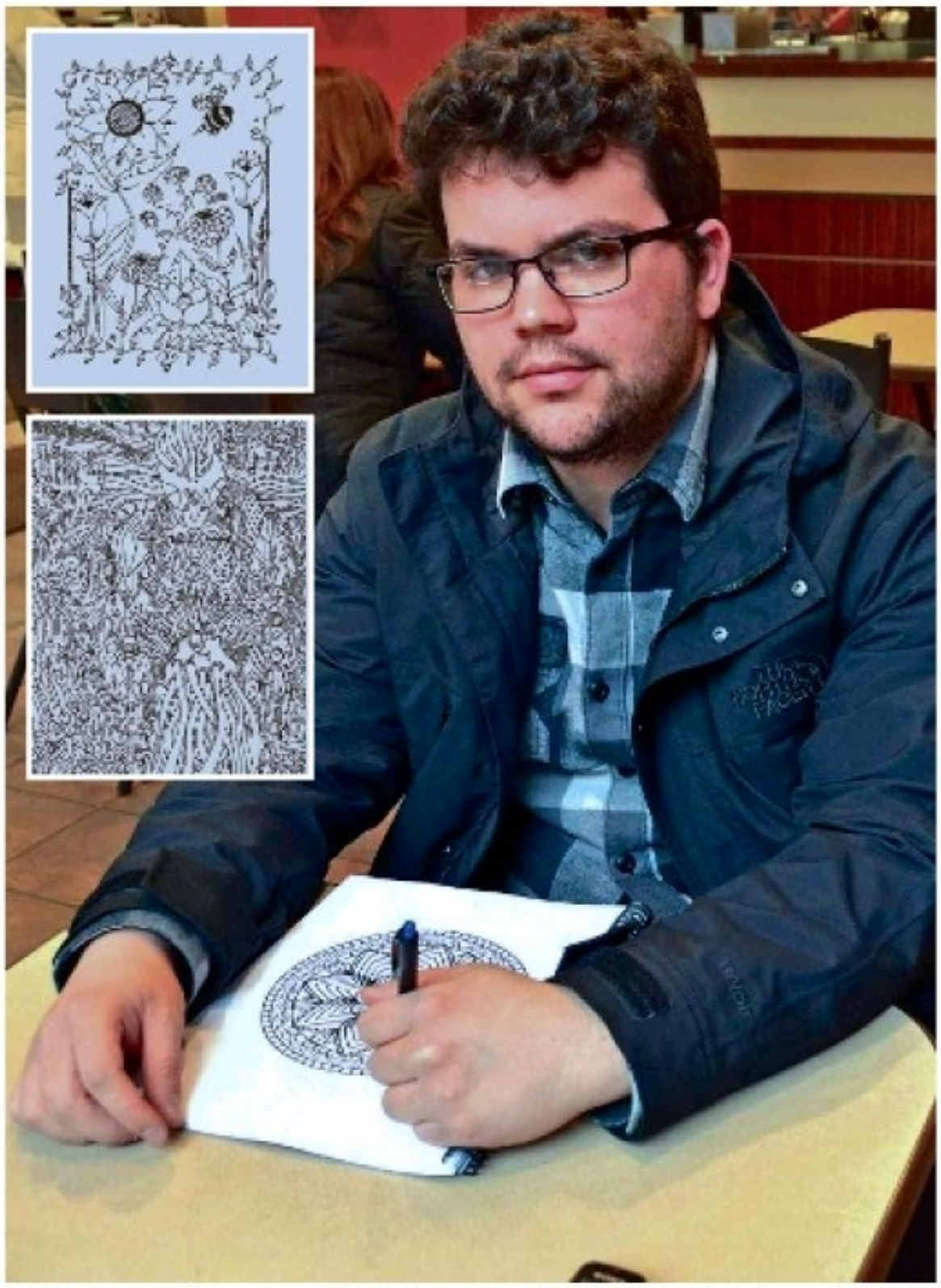
Colour them considerate



Luis Pardo, one of the members of the student group who put together the book, says that adult colouring books have more complex art that makes them different than colouring books for kids. **Inset:** two pages from the book. ASHLEY MOFFATT/FOR METRO; INSET: CONTRIBUTED

CARLETON UNIVERSTY

Students sell adult colouring books for Free the Children

Ashley Moffatt
For Metro | Ottawa

As more and more adults get into colouring books, one group of Ottawa students is working together to make their own and showcase artists' skills for a good cause.

A group of four Carleton University students put out a call to artists to help create a 40-page book, with the proceeds going to Canada's Free the Children charity.

"Not only are they providing food for Canada, but abroad," said Thomas Paul, a philosophy student. "They're providing non-GMO foods and organic foods."

Organic food is something that is important to Paul, and his colleagues decided to go with it.

The artists knew they weren't being paid for their work, but liked the charity that the group was working with.

The project was originally pitched for a business class, but they don't want to stop there.

"I really want to continue beyond this class," said Paul. "Keep doing it on our own accord."

Each artist has a very different style.
Summer Baird

$18

The price of one of the adult colouring books, available at colormylife.ca.

The book contains various styles of art — which project member Luis Pardo says distinguishes it from children's colouring books.

"Colouring books for children aren't as complex," said Pardo. "It's meant for a more mature audience."

The book reflects the combination of artists who contributed to the project.

"We wanted a mix of designs," said Paul. "There's mandalas, landscapes, floral artwork and geometric designs."

They searched for artists all over Canada and even artists abroad to get as much diversity into the book as possible.

It is being sold through their website (colormylife.ca) and retails for $18. It's on sale until March 21st.

"We've sold about eight copies," said Pardo. "Which comes to about $200."

The book aims to help their buyers de-stress.

"We wanted to be different," said Paul. "We didn't want to fit in with the crowd."

They chose to do a colouring book as their project because they noticed it was a top seller on Amazon. Colouring is also a popular pastime for many people in Ottawa.

The Hintonburg Happening, an art show in the community, also commissioned an adult colouring book. They thought it would be a fun and inclusive way to raise funds for the festival.

"Each artist has a very different style," said Summer Baird, co-ordinator for The Hintonburg Happening. "There's even one aspiring artist who's 10 or 11, Thomas Slaughter. He's a local resident. The rest of them are professional artists in the neighbourhood."

Slaughter came to Baird's attention when she saw his art in her daughter's classroom. He was interested in art, so she decided to submit some of his work to a local show. His work was some of the most talked about, so they decided to ask him to contribute to the colouring book.

The proceeds from the book are being split between The Hintonburg Happening and Slaughter's school.

Blame the owner, not the pup: Poll

Thandi Fletcher
Metro | Vancouver

The majority of Canadians believe dog attacks are isolated incidents caused by bad owners, not by the breed of dog, results of a new survey show.

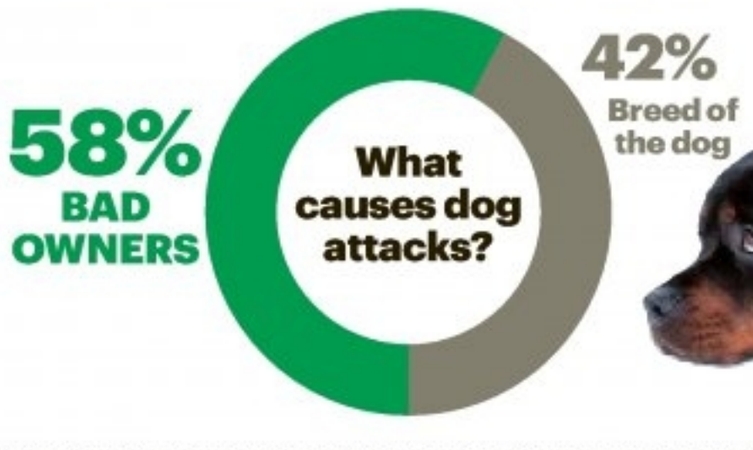
The survey from the Angus Reid Institute finds that 58 per cent of people believe dog attacks are isolated incidents to be blamed on human influence, while 42 per cent take the opposing view that particular breeds, like pit bulls and Rottweilers, are inherently more aggressive.

"What you see is an appetite to keep so-called bad owners on a short leash — as opposed to banning dogs," said Shachi Kurl, of the Angus Reid Institute.

Canadians were generationally divided on the issue, the survey found, with older people more likely to blame breeds.

The online survey of 1,057 Canadian adults who are members of the Angus Reid Forum was conducted between Feb. 2 and 5. The self-commissioned survey has a margin of error of plus or minus 2.5 percentage points, 19 times out of 20.

1 Most Canadians (58 per cent) say "dog attacks are isolated incidents caused by bad owners, not by the breed of dog." This feeling is stronger among those aged 18–34 and weaker among those aged 55 and older.

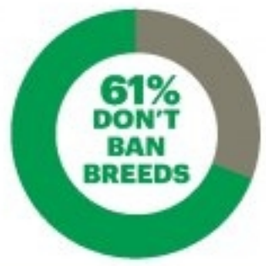


2 Most Canadians (69 per cent) support preventing individuals who owned a dog that attacked a person in the past from owning another dog.

3 460,000 Canadians are bitten by dogs each year. Men are more likely than women to say certain breeds are inherently dangerous (46 per cent of men do so, compared to 37 per cent of women).

4 Two in three Canadians (67 per cent) support requiring muzzles for breeds of dogs deemed "dangerous," but fewer than two in five (39 per cent) support banning those breeds from their communities entirely.

5 Only 39 per cent of Canadians are in favour of banning particular breeds (often pit bulls and rottweilers).



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Fighter lost lifelong battle with depression

NOVA SCOTIA

Sought help, but wait list for psychiatrist too long

Dylan DesRoche
For Metro | Halifax

Cody Glode was seen as a true warrior, both inside the ring as a mixed martial arts athlete, and outside of it, battling blazes with Truro fire services.

But there was one battle that was too much for the young Millbrook man. He lost his battle with depression on March 1 when he took his own life.

"We could see the illness starting to literally take over him," said Cody's mom, Lisa Glode, in an interview with Metro on Tuesday.

She said her son had been battling depression since he was 12 years old. But he seemed to handle it well.

Cody Glode, left, with his trainer after winning a MMA fight last year in Halifax. MARTIN BLAIS / CONTRIBUTED

All of that changed in February, and as Cody's symptoms worsened, he reached out to his parents for help.

Cody and his mother first tried a mental health crisis line. The service told Lisa it takes a "little while" to see a psychiatrist, and suggested Cody go see his family doctor. Cody took the advice, and made an appointment to see his doctor.

Matthew Glode, Cody's dad, said when his son returned home Matthew was immediately concerned.

"When he came in the house that day he was a defeated man," said Matthew.

At his doctor's appointment, Cody was told he needed to wait another two months.

"If I went to the hospital with pains in my chest, they would do everything in their power to help me right then and there, they wouldn't send me home and say see you in two months," said Matthew.

"Something has to be done, to change the way mental illness is viewed, and how these people are treated," his mother added.

The 20-year-old was the youngest firefighter in the history of Truro's fire service and also the first aboriginal firefighter.

More than 800 people attended his funeral.

Lisa and Matthew have been overwhelmed by the number of people approaching them and sharing stories of how Cody impacted their lives.

"He just always had time for others," said Lisa.

The Glodes are hoping people will realize mental illness can affect anyone, and that it's not a sign of weakness, but of strength.

POVERTY

Homeless survey cites key problems

A new federally organized "point-in-time" census of homeless people shows the problem is worst in Thunder Bay, and that addiction is the No. 1 cause, followed by mental health issues and family strife.

The preferred drug of the moment is a cycle not unlike a ferris wheel: one rises to the top, and then another takes its place, says Dr. Stephen Hwang, one of the country's top researchers on homeless health from St. Michael's Hospital in Toronto.

Fentanyl is on everyone's minds, the cause of a high number of deaths with lawmakers scrambling to get it under control. Before that it was OxyContin, a prescription painkiller that led to break-ins at pharmacies.

Other common street drugs in use include morphine, its synthetic equivalent, Dilaudid, and other prescription painkillers.

Research into the homeless population has shown they frequent emergency rooms for help, have worse health outcomes than the general population and can have multiple health issues at one time like the 54 per cent of homeless people in Vancouver who reported so last year.

Aboriginal people represent one-third or more of that national homeless population.

THE CANADIAN PRESS

Bessie Strang hugs a homeless friend during dinner at the Shelter House in Thunder Bay. PAUL CHIASSON/THE CANADIAN PRESS

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STABBING

Suspect charged

A man who allegedly said Allah instructed him to kill was charged Tuesday with stabbing and wounding two uniformed soldiers at a Toronto military recruitment centre a day earlier.

The incident occurred Monday, when a man walked into the government building that houses a Canadian Armed Forces recruitment centre on the ground floor.

He walked into an office with a "large knife" in hand and began striking a uniformed master corporal, who fell to the ground, Saunders said. The soldier was able to get to his feet.

Investigators said the man tried and failed to slash a female soldier before other soldiers subdued him, holding him for police. Another military member was injured in the process.

Police named the suspect as Ayanle Hassan Ali, 27. He has been charged with a total of nine counts, according to court documents: three attempted murder, two aggravated assault, three assault with a weapon and possession of a dangerous weapon.

THE CANADIAN PRESS

IN BRIEF

Canada wants back in UN Security Council

Prime Minister Justin Trudeau will announce in New York that Canada plans to seek a non-permanent seat on the United Nations Security Council. Canada lost its last bid in 2010 after a string of six terms on the council dating back to the late 1940s. The slate of candidates in the UN's Western and European and Others Group, to which Canada belongs, is full until at least 2020.

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Trump, Clinton pad leads

PRESIDENTIAL RACE

Both score Florida wins; Marco Rubio drops out

Donald Trump scored a decisive win Tuesday in Florida, but lost Ohio to the state's governor, John Kasich, as the billionaire's rivals desperately tried to stop his march to the party's presidential nomination. Hillary Clinton padded her lead over Bernie Sanders with victories in Florida, Ohio and North Carolina.

Marco Rubio, the Florida senator who staked his campaign on winning in his home state, dropped out of the presidential race shortly after the polls closed. Rubio was once the favourite of the Republican establishment. That leaves John Kasich as the last true establishment candidate. His campaign's future was depending on a victory in Ohio, where he is governor. He was leading Trump in early returns.

Trump was looking for a sweep in the five states voting Tuesday to help build an insurmountable lead in the all-important delegate count. Florida was the biggest prize — the first winner-take-call contest decided — with all 99 delegates going to Trump.

The brash and controversial reality TV star has upended the political establishment by winning most of the state-by-state competitions for delegates who will choose the Republican nominee. He has seized on Americans' anger with Washington politicians, winning over voters with his simply worded promise to make America great again.

A Kasich victory would be crucial to slowing Trump's momentum. While Trump has amassed the most delegates going into Tuesday, he's won fewer than 50 per cent of them. If that pace continues, he would fall short of the majority that he would need to assure him the nomination at the party's convention in July. The result could be a contested convention, creating an unpredictable outcome.

In the Democratic race, Clinton's victories in Florida and North Carolina were expected, but Sanders, a Vermont senator and self-described democratic socialist, had hopes of taking the industrial state of Ohio. He has criticized the former secretary of state for her past support for trade deals. Sanders is unlikely to overtake Clinton in the delegate count, but his victory last week in Michigan has underscored the unease that many party voters have about her candidacy.

THE ASSOCIATED PRESS

Republican presidential candidate Donald Trump holds a plane-side rally at Youngstown-Warren Regional Airport in Vienna, Ohio, Monday. GENE J. PUSKAR/THE ASSOCIATED PRESS

+ DELEGATES

With Trump's win in Florida, he now has 568 delegates. Cruz has 370, Rubio 163 and Kasich 63. It takes 1,237 delegates to win the Republican nomination for president.

OBAMA ADMINISTRATION

New rules reinforce U.S.-Cuba relations

Barack Obama GETTY IMAGES

The Obama administration punched a new series of holes in the U.S. trade embargo on Cuba on Tuesday, turning a ban on U.S. tourism to Cuba into an unenforceable honour system and paving the way for Cuban athletes to one day play Major League Baseball and other U.S. professional sports.

Five days ahead of the first presidential trip to Havana in nearly 90 years, the U.S. also eliminated a ban on Cuban access to the international banking system. The inability to send or receive payments that passed through the U.S. banking system had crippled the country's ability to trade with third countries and became a major hindrance to the U.S. attempt to normalize relations with Cuba.

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Loblaws slips on ketchup

FOOD

Outcry forces supermarket to restock French's

Jessica Smith Cross
Metro | Toronto

A Toronto store recently swapped out their ketchup brand in favour of French's. LIZ BEDDALL/METRO

Call it the Canadian ketchup revolution.

Canucks, riled up with a nationalistic fervor, rose up against the country's biggest supermarket chain this week over its decision to stop stocking French's ketchup. Thousands turned their social media pitchforks on Loblaws, and Ontario MPP Mike Colle wrote the company asking for the decision to be reversed.

By Tuesday, the grocer had bowed to public pressure, pledging to return French's to its rightful spot.

It was all a little crazy. But, there's a good reason French's — produced in Leamington, Ont., with local tomatoes — suddenly became so important to the Canadian collective. Moving well beyond the lunch counter, it came to represent Canadian jobs at a time when people are feeling a deep unease about the future of manufacturing, one expert said.

"We're used to thinking about a brand in simple attributes — maybe it tastes good and it doesn't cost a lot — but it turns out they can also have important cultural significance, about jobs and economic conditions," explained Markus Giesler, a professor at York University's Schulich School of Business.

"But that connection needs to be made by someone. In this case, it was that Brian Fernandez guy."

Fernandez, who lives in Orillia, assigned meaning when he posted on Facebook that he'd bought French's and liked how the company reopened the ketchup processing plant in Leamington, saving 740 jobs that were lost when Heinz pulled out two years ago.

His post has been shared more than 130,000 times since last month.

Fernandez didn't even know where Leamington was when this all started. But learning how Heinz's decision put plant employees, farmers and truck drivers in a financial bind and how many people got their jobs back when French's came in, struck a chord with him.

"These are blue-collar jobs, manufacturing jobs, where you go and do the job without a pat on the back or getting promoted to CEO — and that's just like myself," Fernandez told Metro.

EMPLOYMENT INSURANCE

Jobless kept waiting

Newly released figures show jobless Canadians are waiting days for answers to their employment insurance questions, and a month or more to find out if they are going to receive benefits.

The figures tabled in Parliament last week show 297,586 employment insurance applicants waited more than 28 days for a decision on their files between April 2015 and January of this year.

THE CANADIAN PRESS

market minute

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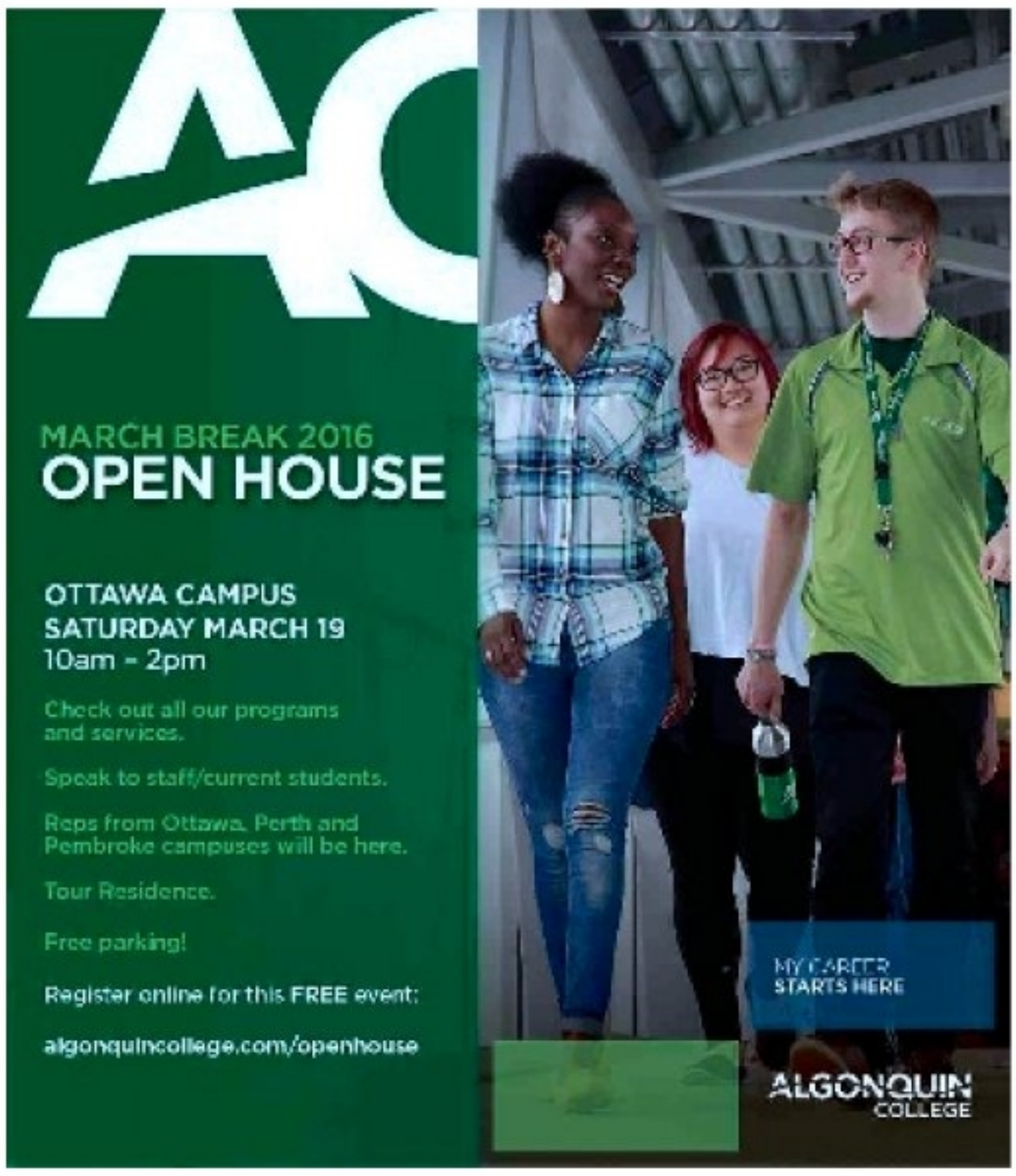
TSX	13,400.31 (-77.23)
OIL	$36.34 US (-84¢)
GOLD	$1,231 US (-$14.10)

NATURAL GAS: $1.851 US (+3.2¢)
DOW JONES: 17,251.53 (+22.40)



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Your essential daily news

Wednesday, March 16, 2016

BURIED
University of Illinois researchers estimate only nine per cent of today's threatened mammals will **show up in the future fossil record.**

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My family makes a point of going out for birthdays and special occasions. Everyone takes their turn to pick up the bill — except my first cousin. How can I make him understand he can't treat everyone like a free meal ticket?

Dear Ellen,

My first cousin does not pay for any meals at all. The rest of my family and my in-laws are extremely polite and make a point to go out to enjoy each other's company for birthdays, holidays, graduations or special occasions. Everyone takes their turn to pick up the bill. Except him. He is over 40 and gainfully employed, which gives him no excuse not to pay once in a while. How can I make him understand that he cannot continue to treat everyone around him as a free meal ticket?

Ricardo

Dear Ricardo,

There are few social sinners more annoying than a cheapskate. Even if money is no object for you personally, it's galling to be constantly taken advantage of by the family freeloader.

The old-fashioned approach in some circles would be to say nothing, suck it up, and haul out your wallet without a whimper time and time again. Personally, I sometimes think this old-fashioned approach is a bit too close to the "brave" Spartan boy who let a stolen fox eviscerate him under his cloak rather than show "weakness" by revealing the hidden contraband. Why suffer just on principle? It's always acceptable to speak up if a small creature is gnawing on your guts, or if you are being subjected to rank injustice by a stingy relative.

If you choose to suffer in silence, it's not really fair to expect other people to consider your feelings.

On the other hand, I've often been guilty of "polite" forbearance myself, when really I was just too lazy or cowardly to risk a confrontation with some rude or careless person. If you choose to suffer in silence, feel free. But in that case, it's not really fair to expect other people to consider your feelings, when they have no idea what your feelings are.

If you choose not to suffer in silence, make sure you give your cousin the benefit of the doubt before you say anything. Could he have financial worries you don't know about? He may be tormented by the fact he can't pay his share, and want to die on the spot every time the bill comes and he can't afford to chip in.

It's also possible he's not avoiding the bill on purpose. Sometimes people are not cheap, just clueless as they fail to notice that someone else always pays. He'd possibly be mortified at the thought of being called a cheapskate behind his back. In this case, consider his feelings and tread lightly as you gently suggest he take his turn picking up the next bill.

In fact, tread lightly even if you know for a fact that he has the money but chooses not to pay because he wants to deliberately take advantage of the rest of you. (Short of a signed confession, I don't know how you'd establish this fact, but anything's possible!) There's nothing to be gained by getting into a brawl with someone that selfish and disrespectful.

Speak up, and keep it short and sweet: "Hey, cuz, we've all been kind of taking turns picking up the tab, but I think you fell off the roster — you want me to remind you next time?"

Whether he takes the hint or not, you can at least take the pressure off yourself. You've made your point. And he's not fooling anyone.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Terrorism is a terrible fact of life. We can't let it drive us to hate

All kinds of things are "the kinds of things" that happen in Canada.

Among them, acts of terror.

Police are still investigating whether Toronto was hit by a terror attack Monday, when Montreal-born Ayanle Hassan Ali barrelled into a military recruiting centre in Toronto, stabbing two Forces members and shouting, "Allah told me to come here and kill people."

But whatever this investigation reveals, we should be prepared for domestic terrorism. And our reaction should, I think, be split: some outrage, and something more like preparedness. Not complacency, not anything so passive as acceptance, but understanding that this is the world, and the country, we live in now.

Extremism has a platform on the web it has never had before. Dangerous ideas spread rapidly. Individuals can commit terrorism unaided, untethered to an organization. People born in Canada, and people radicalized here. Witness Parliament Hill, 2014.

Canada's borders, and our distance from Islamic terrorism's epicentre in the Middle East and North Africa, can't shield us. Our intelligence and law enforcement agencies, however, aren't doing such a bad job, according to security expert Martin Rudner. Last year, the RCMP prevented 30 terrorist plots targeting Canada, Rudner said.

Rudner, founding director of the Canadian Centre of Intelligence and Security Studies at Carleton University, argues lone-wolf attacks should be taken very seriously.

People don't need the support or direction of an established terrorist group, he notes. They only need inspiration for an attack, which is easily found online from groups like Islamic State that explicitly advocate targeting Canada.

Preventing attacks is obviously the top priority, but Rudner says trial and conviction of terror suspects (something we've done, notably with life sentences for both suspects in the Via Rail plot) is also key to disrupting any terrorist's key goal: to sow fear.

The real question going forward, Rudner says, is "What happens beyond this?"

How do we prevent attacks from inspiring others to act? How to we stem hate?

Partly, by dealing with our own hate. So it was a relief to hear the Toronto police chief's almost-exasperated comments yesterday.

"I don't want this categorizing a large group of people; that will be very unfair and very inaccurate," he told media. "Don't go to that Islamophobic nonsense."

Terrorist acts are a "new normal," to quote New York Gov. Andrew Cuomo. That's not to accept them, but to recognize where we stand. And what we stand against.

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Indiana Jones and The Actually For Real, Seriously (We Promise) Last Crusade #FakeIndy5Titles

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Emina Gamulin
Metro | Life

If you've ever cracked open a jar to make Indian food, chances are you've already been influenced by chef Anjali Pathak's palate.

Her grandfather, born into a family of poor farmers in Gujurat, India, started the Patak brand in 1962 while living in London (the 'h' was dropped so anglophones wouldn't get confused). By the time Anjali was born, her father was in charge of the family business, and the brand was an international success.

Pathak's earliest memories involve working on making rotis with her grandma and acting as an unofficial taste-tester for the Indian food brand. Today, the Patak line of curries, sauces and spices is available in 50 countries, where it is almost always the market leader, and the company employs 700 people around the world. The family sold the business nine years ago to grocery giant Associated British Foods, founded by Toronto-born W. Garfield Weston.

Anjali Pathak challenges culinary stereotypes. HANDOUT

While Pathak has stayed on as the brand's ambassador, she also continued on her own food journey, refining her palate through French cooking school, working for Jamie Oliver and writing her first cookbook, which she co-authored with her mom.

Her second cookbook, available now, is The Indian Family Kitchen: Classic Dishes for a New Generation, a collection of 120 Indian and Indian-inspired recipes.

"It's more of a modern way to eat Indian food and Indian spices," Pathak told me at her publisher's office during a whirlwind trip to Toronto (she is currently based in Mumbai where she is building up her food studio Flavour Diaries). "Indian food can be perceived as a bit heavy, like you need an endless ingredient list and everything takes so long, but actually it doesn't."

She challenges these culinary stereotypes with simple takes on classic Indian dishes like dal and chicken masala; western favourites kicked up a notch, like her blazing burger and smokin' ribs recipes; as well as desserts like coconut and ginger cheesecake and an assortment of cocktails.

There's also an entire section on spices. Ever used asafetida/hing before? I hadn't, but I was psyched to discover this oodball spice. Sold in what looks like a bottle for painkillers, its smell is a curious mix of delicious and dank, but when added to cooking mellows out for a savoury taste.

"I love green cardamon, and I love smoked paprika — I'm obsessed with it," says Pathak of her current favourites, while noting that all spice will bring something different to your food — and the taste will change every time it's used.

"Throughout the book I do talk about how quality of spice is important, so that's why it'll taste slightly different every time you cook it. If you use it that day, the week after, a month after — it's going to change," she says.

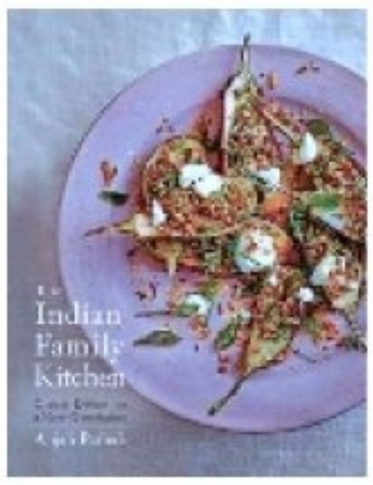
"They're potent little flavour bombs, so even if it doesn't taste offensive, it's not going to be the same as you made last time."

Add a kick to your tiger shrimp with spices from the southern shores of India. HANDOUT

METRO TESTED

Last year, I spent a month in India, and while I never met a meal I didn't like, I had yet to put my spice souvenirs to good use. After trying some of Pathak's recipes for myself, I can vouch for their deliciousness. I was most successful with this tiger shrimp recipe: It tastes amazing, even reheated at the office, and presents beautifully, while taking relatively little time to make.

EMINA GAMULIN/METRO LIFE



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EXCERPT

Tiger Shrimp with Lime, Ginger & Mustard Seeds

Shrimp are quick to cook and somehow feel rather exotic. This recipe borrows spices from the southern shores of India and I tasted a dish similar to this when I was learning about the local cuisine. My mouth was on fire with the chiles, but when I got past it I found the flavor to be delicate and delicious. I have toned down the chiles and added some background warmth by using fresh ginger instead.

I've used tiger shrimp and removed most of the shell, apart from the tail. I prefer to leave the tail on, as it means that you have something to hold on to when biting into the shrimp, but you can take the entire shell off if you prefer. Just make sure the shrimp are raw and that they have been deveined.

Tiger Shrimp with Lime, Ginger & Mustard Seeds
Serves 4

Prep time 10 minutes
Cook time 10 minutes

Ingredients:

- 2 Tbsp vegetable oil
- 1 cinnamon stick
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1/2 tsp black peppercorns, crushed with a pestle and mortar
- 20 fresh curry leaves
- 2 scallions, finely sliced
- 1 fresh red chile, finely sliced
- 1 Tbsp peeled and julienned fresh ginger
- 20 raw jumbo shrimp, shells removed but tails left on, deveined
- good pinch of sea salt
- good drizzle of honey
- 2 Tbsp roughly chopped cilantro
- juice of 1/2 lime, to taste

Directions:

1. Gently heat the oil in a large skillet and add the cinnamon stick, mustard seeds, turmeric, peppercorns and curry leaves (if using). Once they start to sizzle, stir through the scallions, chile and ginger and allow to soften for around a minute.

2. Stir in the shrimp and watch how they turn to a golden pink color. Flip them over and sprinkle over a good pinch of salt. Once they are cooked through — and it won't take long, only a few minutes on each side — drizzle over the honey and sprinkle in half the cilantro and the lime juice. Mix well and serve sprinkled with the remaining cilantro.

Pad out Thai repertoire with authentic recipes

NEW COOKCOOK

A soup to warm you up for more from Hot Thai Kitchen

Yes, there is a pad Thai recipe in Pailin Chongchitnant's cookbook, Hot Thai Kitchen, but you can google a hundred similar recipes. More interesting are lesser-known dishes like tamarind shrimp, five-spice vegetable stew, nam jim (a sweet and spicy seafood-based dipping sauce that is tasty on everything) and, for dessert, coconut pudding cups.

Her Northeastern Pork Rib Soup with Toasted Rice recipe makes an outstanding meal. The pork falls off the bone; the broth has a zesty bite; and the aroma is fruity and herbaceous.

While the recipe is easy (it's basically throw stuff into a pot and simmer), follow the cooking times carefully before adding the next ingredient.

TORSTAR NEWS SERVICE

Northeastern Pork Rib Soup with Toasted Rice

Makes 2 to 4 servings.

Ingredients:
- 1 Tbsp (15 mL) jasmine rice
- 3 shallots, skins removed and sliced in half lengthwise
- 5 to 10 whole small dried chilies
- 1 lb (16 oz) pork spare rib tips, cut into 1 1/2-inch pieces
- 4 cups (1 L) cold water
- 1/2 tsp (2 mL) salt
- 6 cilantro stems
- 6 fresh kaffir lime leaves, roughly torn
- 2 stalks lemongrass, bottom half only, smashed and cut into 2-inch pieces
- 8 thin slices galangal
- 2 Tbsp (30 mL) fish sauce
- 2 cups (110g) oyster mushrooms, cut into bite-sized pieces
- 3 Tbsp (45 mL) lime juice
- 1/3 cup (80 mL) chopped cilantro

Directions:

1. In a small skillet over low-medium heat, toss rice until golden brown, about 3 to 5 minutes. Remove from heat. Grind toasted rice into a coarse powder using a mortar and pestle or a spice grinder. Set aside.

2. Wipe skillet clean and place over medium heat. Place shallots cut side down on pan, stirring occasionally to prevent sticking. Cook until slightly charred, about 4 to 5 minutes. Remove from heat and set aside. Turn heat down to medium-low. Toast dried chilies in pan until fragrant, about 1 to 2 minutes. Remove from heat and set aside.

3. Rinse spareribs under cold water and drain. Transfer to medium-sized pot. Add 4 cups cold water and salt. Bring to a slow simmer. Continue simmering for 15 minutes. Skim fat from surface and discard.

4. Add cilantro stems, charred shallots and toasted chilies. Continue cooking on a gentle simmering for 30 minutes or until pork is fork tender.

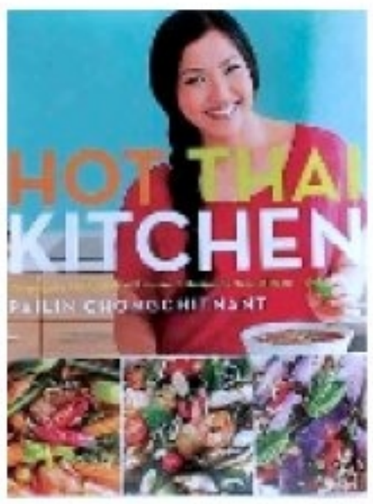
5. Remove cilantro stems. Add lime leaves, lemongrass, galangal and fish sauce. Simmer for 5 minutes.

6. Add mushrooms and simmer for another 1 to 2 minutes until tender. Remove soup from heat. Add lime juice and chopped cilantro. Taste. Adjust seasoning as needed.

7. Garnish with toasted rice just before serving. Serve with steamed jasmine rice.

Kitchen tips:
Galanga-what? Galangal looks similar to regular ginger but has a smoother skin and much harder texture. It can be found in Asian grocers and at No Frills located in large Asian communities.
Where do I find lime leaves? You can find them wrapped in Styrofoam trays, in the produce section of Asian grocers. Store them in the freezer.

Northeastern Pork Rib Soup with Toasted Rice. CONTRIBUTED



Because you can't think of anything other than pad Thai at the very mention of Thai cuisine, YouTuber-turned-cookbook author Pailin Chongchitnant has written Hot Thai Kitchen, a just-released guide to her country's cooking with recipes for dishes you won't find on a takeout menu.

The book includes chapters on regional variations of Thai cuisine, drink pairings, kitchen tools, techniques, notes on dietary restrictions and allergies, as well as detailed ingredient explainers.

It's a very good primer to Thai cuisine, in addition to being a cookbook.

TORSTAR NEWS SERVICE

HOT THAI KITCHEN STREET-STYLE FRIED BANANAS (GLUAY KAG)

Gluay = Banana; Kag = People of South Asian descent; legend has it that the idea of frying bananas comes from this street snack. Most gluay kag vendors also sell fried sweet potato and taro using the same batter, so you can certainly add those to your mix. TORSTAR NEWS SERVICE

Street-Style Fried Bananas (Gluay Kag)

Makes 24 pieces.

Ingredients:
- 1 1/2 Tbsp white sesame seeds
- 3/4 cup rice flour
- 1/4 cup granulated sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1/3 cup shredded coconut, unsweetened, fresh, frozen, or dried (see note)
- 1/3 cup water
- 6 Namwa bananas or 2 sweet plantains (see note)
- Oil for frying, as needed

Note: If using dried shredded coconut, let it rehydrate in 2 Tbsp of hot water for 10-15 minutes before using.

Namwa bananas are traditionally used because they hold their shape well when cooked — choose ones with just a tiny trace of green left on the skin. Sweet plantains, available at Latin American/Caribbean grocers, also work well — choose ones whose skins have turned at least 60 per cent black so they will be sweet. Regular bananas aren't an option as they turn mushy when fried for a long time.

Street-Style Fried Bananas are perfect as an afternoon snack or even for breakfast. CONTRIBUTED

Directions:

1. Do-ahead tips: Mix the dry ingredients for the batter in advance and add the wet ingredients when ready to fry. Peel and cut the bananas several hours in advance and keep them tightly wrapped in the fridge.

2. Toast the sesame seeds in a dry sauté pan over medium heat, stirring constantly until golden brown, about 5 minutes. Let cool on a plate.

3. In a medium-sized mixing bowl, whisk together the toasted sesame seeds, rice flour, sugar, salt and baking powder until well combined. Add the shredded coconut and mix well. Add the water and stir until combined — the batter should be thinner than pancake batter but slightly thicker than crepe batter.

4. Peel and cut the bananas lengthwise into 1/4-inch-thick pieces. If using plantains, peel and cut them into 3 sections, then slice each section horizontally into 1/4-inch-thick pieces.

5. Add about 1 1/2 inches of oil to a pot and heat to about 325°F. Dip the bananas into the batter and fry for about 5 minutes, until they are a deep pretzel-brown colour. Maintain the frying temperature below 350°F. When done, drain on paper towels or a rack.

6. Let cool just until the coating becomes crisp, then serve immediately.

Note: Based on your first batch, you can decide if you want a thicker or thinner coating by adding more flour or water. If you have leftover batter, drizzle it into the oil and fry it up into crispy, munchy bits. Many vendors add this extra fried batter into their customers' bags!

METRO'S KETCHUP TASTE TEST

Loblaws' move to take French's off shelves — then put it back — caused a ketchup revolution. Made from Canuck tomatoes, French's is getting lots of love, while Heinz, with its foreign fruit, is getting hate. Metro's foodies could tell the difference in a blind taste test, but neither ketchup won. METRO CANADA

	HEINZ 375 mL, $3.50	FRENCH'S 1 L, $4.19	NO NAME 1 L, $2.69	STONEWALL KITCHEN 488 mL, $9.99
Irene Kuan A ketchup connoisseur, Metro's digital editor is always on the hunt for the newest food trends. She loves her condiments.	"Overly sweet and sugary" with "not much of a tomato taste." C	"The tomato flavour is very pronounced and I can definitely taste the vinegar. It's not too sweet." B	"This ketchup was very runny, as though it was watered-down. It had an artificial aftertaste." D	"I like the viscosity of the ketchup. You can definitely taste the onions, red chili peppers and strong tomato taste." A
Rosemary Westwood Metro's in-house columnist is known for her strong opinions, and that includes what foods she will and will not eat.	"It's sweet but vinegary. Very normal tasting." B	"This is much tangier. Where's the sweet? What's with all the vinegar? I would not lick this off my fingers." D	"It's super salty." C	"Different, but hard to say. Thicker, and perhaps some heat? It tastes fresh and actual tomatoes. My fave!" A
Andres Plana The "I will pretty much eat anything" type, Metro's graphic designer is all about the free food samples we get dropped off at the office.	"It tasted great, and I liked the texture." B	"It's not as great as the first one. I don't like the aftertaste. It shouldn't have an aftertaste." C	"Not good at all. It's watery and tastes cheap." D	"Different, but definitely the best. It has a great flavour with extra seasoning." A

GRADING SYSTEM **A** = It better be in your fridge at all times! **B** = It's OK. Expect it on your average street meat **C** = Meh... passable. Eat it as fast as you can **D** = You're better off putting dirt on your hot dog

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Kicking it up more than a notch

REVIEW

Latest Chrysler 200 way better than the last

Jil McIntosh
For Metro Canada

When shopping for a car, you sometimes have to look beyond the name. Chrysler's newest 200 shares its badge with a model that was originally the Sebring, but that's all they had in common. This one is so much better, it really should have received a new title as well.

Built in Michigan and based on an Alfa Romeo platform, it's available with a Fiat-based 2.4-litre engine or, as in my 200S tester, with a Chrysler-sourced 3.6-litre V6.

Mine was further optioned with all-wheel drive, which can be added to the 200S and 200C models and is only available with the V6.

This new 200 is now in its second model year, having been introduced for 2015, and judging by my week spent in a 2016 version, it looks like the engineers have been hard at work.

My main complaint for last year's model was its nine-speed automatic transmission, which would constantly shift up and down, trying to find the right gear.

It also never seemed to work its way up to that ultimate-fuel-saving ninth gear.

This time around, my car's driveline worked seamlessly, with none of that annoying gear hunting, even on inclines where it's usually most noticeable.

And on a four-hour highway trip, the instrument cluster indicated that the transmission frequently found its way to ninth gear and stayed there.

Overall, against the car's published combined fuel economy of 10.7 L/100 km, I averaged 8.4 L/100.

Its seats were very comfortable on that long drive, giving my back the support it needed.

I'd prefer buttons for the heated seat controls, though, since it's a pain to have to tap through touchscreens whenever you want to make an adjustment.

And while the rear seats are also comfy, the car's sharply-sloping rear roofline can make it tough for taller passengers to get in and out.

The 200's biggest issue is that it's up against some heavy hitters in its segment, many of which are just a bit better. Still, it has its charms, and if you're in the market, have a look.

THE CHECKLIST | 2016 CHRYSLER 200

THE BASICS

Type. Four-door, five-passenger midsize sedan
Engines (hp/torque). 2.4-litre I4 (184/173); 3.6-litre V6 (295/262)
Transmissions. Nine-speed automatic
Price. $25,395 (base), $40,265 (as-tested), plus destination

CHRYSLER 200 PHOTOS JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

THE COMPETITION

Ford Fusion
Base price: $23,249

Nissan Altima
Base price: $23,998

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Giulietta gets a makeover

The new Alfa Romeo Giulietta comes in hatchback and sporty models with a choice of one of four turbo gasoline engines or one of four diesel engines. HANDOUT

ALFA ROMEO

Sports car comes with dark chrome finish

The Alfa Romeo Giulietta has been given a facelift for 2016 and is heading to dealerships this spring. The hatchback is set to land in a variety of trim levels and with several engine options, priced from €21,690 ($31,884) for the gas model and €24,690 ($36,294) for the diesel.

In many ways, the changes made to this revamped Giulietta bring the hatchback closer to the Giulia sedan, both in terms of appearance and the car's position in Alfa Romeo's range.

Both models share several similarities in exterior design, such as the honeycomb grilles and the front bumper. New alloy wheels and oblique exhaust tips shape the Giulietta's new look, which also brings a slight redesign to the brand badge.

In its sporty version (Veloce), the new Giulietta comes with sports bumpers and a dark chrome finish on the wing mirror covers, door handles and grille rims.

On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel and a carbon-effect dashboard surround and door panels.

The 2016 Giulietta comes with a choice of four turbo gasoline engines (from 120 to 240hp) and four diesel engines (from 120 to 175ch). The new 120hp 1.6 JTDm diesel engine, the most cost-effective option, is announced with CO2 emissions of 99g/km and mileage of 74.3 MPG (3.8 l/100 km). The updated Giulietta is a connected car thanks to its Uconnect onboard touchscreen infotainment system, built into the central dashboard. This features Bluetooth connectivity for hands-free smartphone use (calls, SMS, streaming, radio, etc.).

> **On the inside, it gets leather and Alcantara sports seats, matched with a leather steering wheel.**

Plus, some versions of the hatchback feature the Alfa Performance application for controlling the main parameters of the car and measuring performance in real time.

The Giulietta comes in five trim levels: standard, Super, Lusso, Veloce and Business. Other customization options include 11 body colours and a selection of wheel rims. The 2016 Alfa Romeo Giulietta goes on sale spring 2016. AFP

IN BRIEF

Lamborghini to mark Miura milestone at Amelia Island

This year marks not only the 100th anniversary of Lamborghini's founder, Ferruccio, but also the 50th anniversary of the car that truly put his company on the map — the Miura. At the Amelia Island Concours d'Elegance taking place in Florida this weekend, Lamborghini will be unveiling a meticulously restored Miura to mark the occasion. Although the Miura debuted in 1966 — and in doing so created the concept of the modern-day supercar — it wasn't until 1971, when the Miura SV (Super Veloce) debuted at the Geneva Motor Show, that the car reached its full potential.

And the car on show will be the very model that wowed the crowds in Switzerland some 45 years ago.

"This is a very important car," said Enrico Maffeo, Head of PoloStorico Lamborghini, the company entrusted with the car's complete restoration.

Miura SV chassis #4846 is finished in metallic green Verde Metallizata. AFP

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Highline model shown

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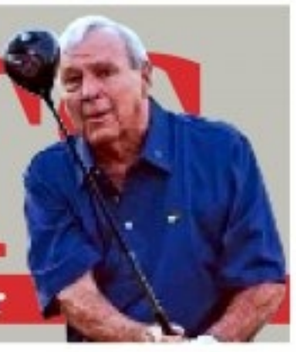
Volkswagen

*Limited time finance purchase offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of $17,600, including $1,605 freight and PDI, financed at 0% APR for 60 months equals 130 bi-weekly payments starting from $135. $0 down payment or equivalent trade-in due at signing. Cost of borrowing is $0 for a total obligation of $17,600. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to $2,000 finance bonus cash available to be applied as a discount on MSRP on finance only (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Jetta 1.8T Highline, GLI and Hybrid models. Discount varies by model. †**Lease payments of $195 on the Jetta must be made on a monthly basis and cannot be made weekly.** Weekly equivalent payments shown for information only. Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. $1,605 freight and PDI included in monthly payment. 48-month term at 0.99% APR. $1,198 down payment, $250 security deposit and first monthly payment due at lease inception. Total lease obligation: $10,558. 64,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end March 31, 2016 and are subject to change or cancellation without notice. Model shown: 2016 Jetta 1.8T Highline automatic transmission, $27,995. Vehicle shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Autobahn for All", "Jetta", "TSI", "Highline" and "Trendline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

metro SPORTS



Arnold Palmer, 86, will not be hitting the ceremonial tee shot, his role since 2007, to start the Masters this year

IN BRIEF

GMs content with effect of rule 48 on head hits

NHL general managers say a rule designed to curtail hits to the head is working as intended.

The NHL implemented rule 48, which penalized illegal checks to the head, nearly five years ago. It was added to curtail a then-rising tide of dangerous hits, particularly from the blind side, amid a sporting climate that has become increasingly sensitive to concussions. The league's general managers sought to address Tuesday whether the rule was working effectively or needed tweaks.

"The consensus for our group was we're comfortable with the way the rule is and not looking to make any changes," Tampa Bay Lightning general manager Steve Yzerman said.

THE CANADIAN PRESS

Nylander decision due

Maple Leafs GM Lou Lamoriello would neither confirm nor deny the team's plans for William Nylander. But it appears increasingly likely that they will exercise the first year of the 19-year-old's entry-level contract sometime soon. Nylander was expected to play his ninth NHL game on Tuesday night against Tampa. His entry-level contract would kick in once he plays 10 games, an important consideration in today's salary cap world.

Under that scenario, Nylander would be due his second NHL contract in the summer of 2018.

THE CANADIAN PRESS

No more net gains as goalies slim it down

NHL

League says more scoring chances not the objective

Typical attire seen here on **Canada's top goalie Carey Price of the Canadiens** is being phased out to make way for thinner equipment. JUSTIN K. ALLER/GETTY IMAGES

NHL goaltenders may look a lot smaller beginning next season.

Goalies across the league will be required to wear equipment better suited to their body size when the 2016-17 season begins or face suspension. A presentation of the new initiative, led by the NHL's Kay Whitmore, was delivered Tuesday at the annual GM meetings. Reductions will be made to the pants and upper body of the equipment, thus cutting down on unnecessary "fat" which didn't serve to protect goaltenders, only help some gain an unfair advantage.

"If it takes a little more skill to play the position so be it," Whitmore said. "Does this make scoring go up? I don't know. That's to be seen and that's not the reason why we did it. This was (done) because we felt there was inequities within the goalies themselves and the best goalies have come out and said that. And that's what's driving the bus here."

Some of the league's top goaltenders pushed for the change, including the Devils' Cory Schneider and Capitals' Braden Holtby. They, among others, would like the goaltending position to be more about skill and less about the puck simply caroming off enormous equipment.

"The best goalies in the league don't want big stuff," Whitmore said. "They actually want to put this to bed forever and say, 'We're great no matter what we wear.'"

> **If it takes a little more skill to play the position so be it.**
> NHL's Kay Whitmore

Goalies will face a two-game suspension for non-compliance, a rule that's already in effect, but one that will be enforced more rigidly next season. Colin Campbell, the NHL's executive vice president and director of hockey operations, said there was too much grey area previously to enforce the rule effectively.

Informed of the changes, general managers wanted confirmation that offenders would indeed be punished to which Campbell replied, "When your goaltender gets suspended don't fight it.'"

"If you cheat, you pay the price," Montreal general manager Marc Bergervin said. "If we all agree now, all 30 of us, and it happens in October, none of us should be crying about it."

It will be Whitmore's duty to enforce that reductions in equipment are maintained. Goaltending equipment has mostly grown over the past two decades, from a point when goaltenders looked like thin rails between the pipes to now, where they almost resemble football linebackers.

The new equipment is expected to be made available to goaltenders this summer, giving them an opportunity to test it out before the start of the 2016-17 regular season.

THE CANADIAN PRESS

CURLING

Carey's dreams fulfilled

Chelsea Carey is about to live out her ultimate dream but understands it won't be easy.

Carey will skip Canada's rink at the women's curling world championship that begins this weekend in Swift Current, Sask. The daughter of former Brier champion Dan Carey says it's been a lifelong aspiration to don the Maple Leaf and represent her country in competition, but this tournament will be a challenge.

"It's been my dream since I was seven years old, I don't know how to phrase it any better than that," said Carey, who won her first Scotties Tournament of Hearts, and the right to represent Canada at the worlds, on Feb. 28. "My first dream was to represent my province and I didn't achieve that until I was 29.

"To then turn around two years later and wear the Maple Leaf, which was always the ultimate dream, is beyond words."

Carey was born in Winnipeg and represented Manitoba in national competition until the 2014-15 season when she moved to Edmonton.

In the spring of 2015 she moved south to Calgary, taking over as skip for two-time Canadian women's champion Heather Nedohin's rink. With Carey at the helm that team won the Alberta playdowns and went on to win national honours at the Tournament of Hearts.

That run of success is what has led Carey, third Amy Nixon, second Jocelyn Peterman, lead Laine Peters and alternate Susan O'Connor to Swift Current and a shot at a world championship. But Carey cautions fans the competition will be tough.

"The world has come on very strong and you can see that from the bit of a drought we have from gold medals," she said.

THE CANADIAN PRESS

WALK ON THE WILD SIDE **Minnesota's Zach Parise and the Senators' Dion Phaneuf** get physical early on in Ottawa on Tuesday. For the results of this game and more, see metronews.ca. FRED CHARTRAND/THE CANADIAN PRESS

IN BRIEF

Madrid and City advance

Atletico Madrid beat PSV Eindhoven 8-7 in a penalty shootout on Tuesday to reach the quarterfinals of the Champions League for the third straight season. Juanfran scored the decisive penalty after Luciano Narsingh missed.

Manchester City made it to the quarterfinals for the first time after a 0-0 draw with Dynamo Kyiv but progress was marred by injuries to Vincent Kompany and Nicolas Otamendi.

THE ASSOCIATED PRESS

MLS

Absence of Drogba having little Impact

A torrid start by Ignacio Piatti and Dominic Oduro has put to rest any concern about the Montreal Impact missing star striker Didier Drogba.

The Impact, thought to be punchless without the 38-year-old Ivorian, has scored six goals in its first two Major League Soccer games — a 3-2 road win over Vancouver and a 3-0 home victory against the NY Red Bulls.

Piatti has led the way with a league-leading three goals plus an assist. Drogba is set to rejoin the team briefly for a game Saturday in Dallas, but the Impact has done fine without him so far.

"We are playing for each other right now," said Oduro. "It took a while for me to get adjusted with Nacho and it's working right now.

"It's the whole team. We've come to the point of helping each other. We're clicking. This is the same team as last year. The chemistry is there."

THE CANADIAN PRESS

Chelsea Carey THE CANADIAN PRESS

RECIPE Cobb Salad

Ceri Marsh & Laura Keogh
For Metro Canada

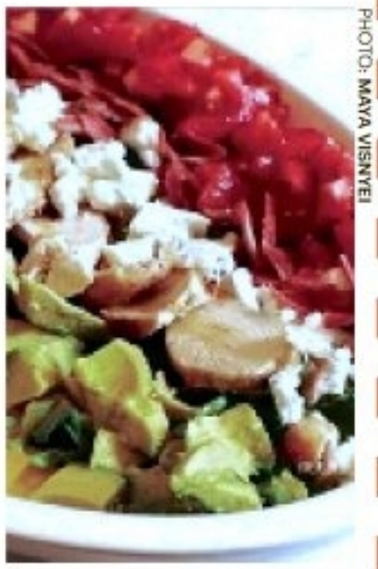


PHOTO: MAYA VISNYEI

An American classic, the cobb salad offers plenty of vitamins and minerals courtesy of the avocado, chicken and tomatoes.

Ready in
Prep time: 15 minutes
Total time: 25 minutes
Serves 4

Ingredients
- 6 bacon slices
- Head of lettuce (I love the crunch of romaine)
- 4 oz feta, crumbled
- 1 avocado, in 1-inch dice
- 2 tomatoes, in 1- to 2- inch dice
- 2 chicken breasts

For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- Salt and pepper to taste

Directions

1. Whisk together ingredients for marinade. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Place dressing ingredients in a jar, shake to mix with lid on.

3. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into small-ish pieces.

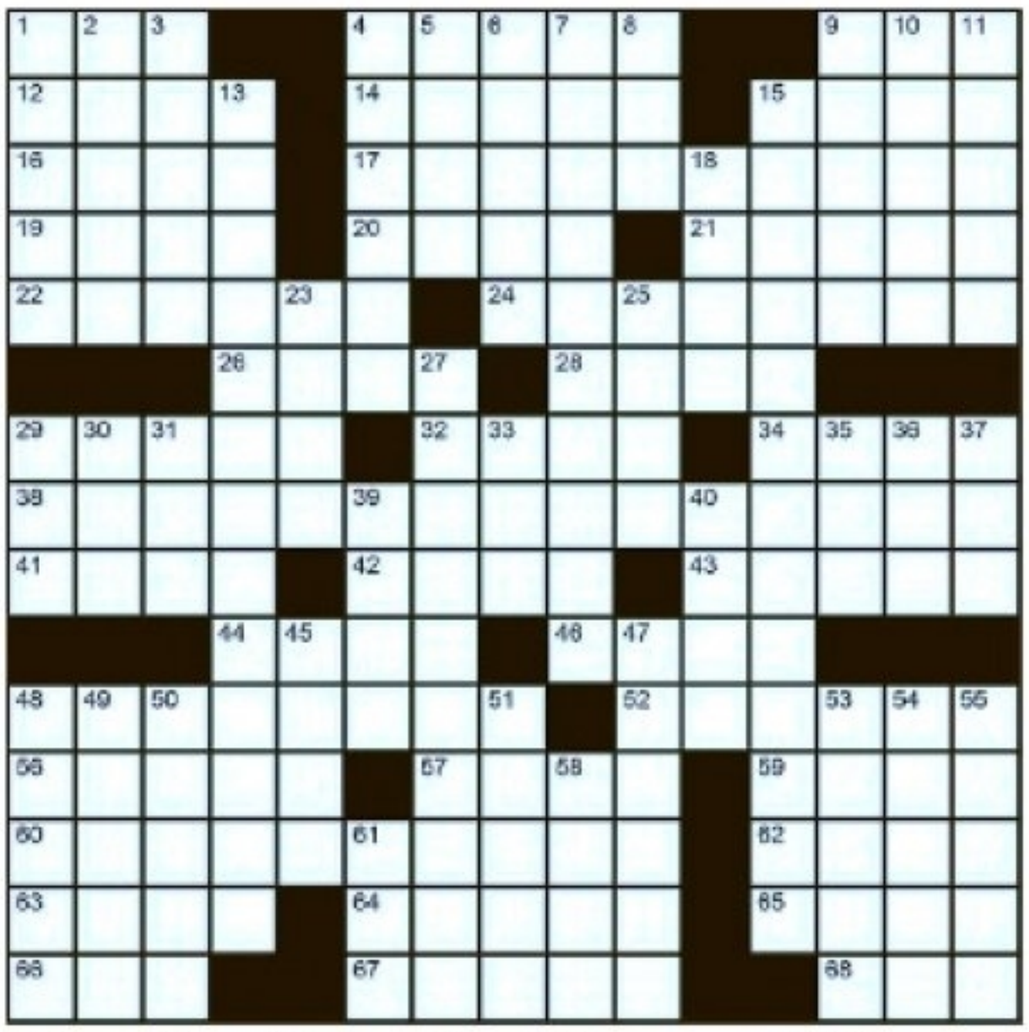
4. Bake the breasts in the oven at 375 F; for about 35 minutes or until the internal temperature reaches 165 F. Allow meat to rest for a few minutes and then slice across the breasts to make thin strips.

5. Wash, spin and chop the lettuce. Toss with dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter. Serve with dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Global currency org.
4. "For __ Know" by The Carpenters
9. Drummer Mr. Starkey
12. Salad alternative
14. Coup _'__ (Quick look)
15. Donned
16. Title of Rihanna's latest album
17. Bodybuilding title: 2 wds.
19. Big deals
20. "__ No Sunshine" by Bill Withers
21. Singer Mr. Neville
22. Agree
24. Bangle bauble
26. Flush
28. Rocker David Lee
29. Poetry
32. __ iris (Rainbow, in Spain)
34. Biblical twin
38. Christopher Plummer's role in "The Sound of Music" (1965): 3 wds.
41. Baby __ (Nestle chocolate bar)
42. Buzz Aldrin's famous employer
43. Stoppages
44. H.G. Wells frugivores
46. Chase, police car style
48. Makes certain
52. Sweater styles
56. _,__ ('Dine in the Dark' restaurant in Toronto and Montreal)
57. Work __ solution (Solve the problem)
59. "Full Metal Jacket" (1987) actor, _. __ Ermey
60. Music style for Liverpool band Gerry and The Pacemakers
62. ___ (Precisely)
63. Rock venue pit
64. __ lot (Enjoys the buffet)
65. Quite
66. Noah's boat
67. More humorously ironic
68. English novelist Mr. Lawrence, et al.

DOWN
1. Oscar __, "Star Wars: The Force Awakens" (2015) actor
2. World, in Rome
3. Loft furniture piece
4. From Sea to Sea: 'A Mari Usque __ __' (Canada's motto)
5. Ms. Singer
6. "MasterChef Canada" judge, Alvin __
7. Packed away garb in Spring: 2 wds.
8. High Priest in the Old Testament
9. 'Z'-marking swordsman
10. Torching crime
11. Carolyn __ (Name behind 'Nancy Drew' stories)
13. Astrological sign/symbolism: 3 wds.
15. 'Freezing Rain' and 'Extreme Cold' from Environment Canada: 2 wds.
18. Extensive
23. Iris spot
25. Werewolf's light
27. Vancouver Island treat: 2 wds.
29. TV hookup, once
30. Montreal faucet liquid
31. __. card (Gradeslister)
33. Li'l campground sights
35. Mr. Mineo
36. Pertinent
37. Increases
39. Q. "Excuse me, where's the surgeon?" A. "She's __ __ right now."
40. "The __ Red Line" (1998)
45. Read: French
47. Computerized human
48. Pausing punctuation
49. Just __ __ two (Not as many as three)
50. 'Norwegian', in Norway
51. Fatty, as some meat
53. Sky's white cotton candy
54. Mike Hammer portrayer Stacy
55. Mr. Rogen's
58. Zap
61. Archery wood

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are beginning to realize that your fears were unfounded and by the weekend you'll wonder how you allowed yourself to get so worked up about nothing. Life is about attitude. Stay positive.

Taurus April 21 - May 21
If you doubt someone's honesty you must err on the side of caution. The planets warn that what others say and what others mean are likely to be two entirely different things today.

Gemini May 22 - June 21
Stick to familiar methods and routines and don't be tempted to try something new just because you want to look fashionable. Rivals will be delighted if you get it wrong.

Cancer June 22 - July 23
You know you're destined for bigger and better things but knowing isn't enough, you've got to actually make them happen. Opportunities for advancement are coming your way.

Leo July 24 - Aug. 23
Don't try to force people to do your bidding today because even if you succeed it will create resentment that comes back at you. Coercion is always a poor option, especially when you are so good at persuasion.

Virgo Aug. 24 - Sept. 23
Someone you work or do business with is determined to provoke a fight — and you are happy to let it happen. Sometimes it is best to get bad feelings out of your system.

Libra Sept. 24 - Oct. 23
You have a lot of things on your mind, so give yourself time to think before making your next big move. Also, take notice of what friends and family members tell you. They may have relevant information.

Scorpio Oct. 24 - Nov. 22
Make sure there's no way employers or other important people can criticize you for your work. There is a danger you might take your reputation for granted.

Sagittarius Nov. 23 - Dec. 21
It may seem you're being held back from following your dream but in a matter of days you'll be free to do as you please. All the delays and frustrations will soon be a thing of the past.

Capricorn Dec. 22 - Jan. 20
Think before you act, especially if there is money changing hands. You are eager to succeed but the planets warn you could easily be taken in by someone who knows how to play on your desires. Be careful.

Aquarius Jan. 21 - Feb. 19
Don't let anyone tell you that your goals are not legitimate. You're heading in the right direction, so ignore what others say and follow your dreams. You're close to success.

Pisces Feb. 20 - March 20
Start thinking of ways to boost your income. Some of your money-making ideas may be a bit far-fetched but it's better that you explore all possibilities than none at all.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					9	6	8	3
	1	8		6			2	
	2		7			5		
		9			4			
	7				1			
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8		1			3		9	2
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2						1		

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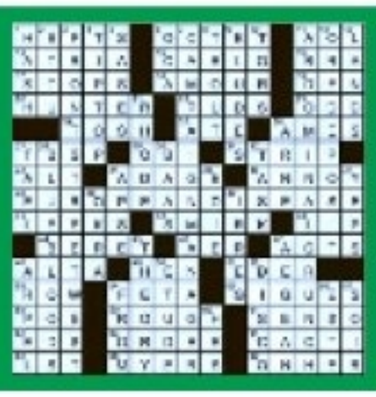
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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4	6	9	8	2	7	5	3	1
5	3	6	4	1	8	9	7	2
7	9	4	3	6	2	1	8	5
2	8	1	5	7	9	3	4	6

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